

[illegible]

ABSTRACT OF THE DISCLOSURE

A hand-held device is provided for the self-determination of the dehydration state of a human engaged in activities causing dehydration and which might not be evident to such person. The device can be in the shape of a dipstick having one end thereof containing a chemical indicator which when contacted with a stream of urine will provide a color change corresponding to the specific gravity of the urine specimen and is indicative of whether the person is dehydrated or not. The cap or cover or the dipstick itself contains a color chart for comparison with the color resulting from the reaction of the urine and the chemical indicator.